

Food Math

Jason is 9 years old. He's physically active sometimes. Each day, he needs to eat:

Grains
6 ounces

Vegetables
2½ cups

Fruit
1½ cups

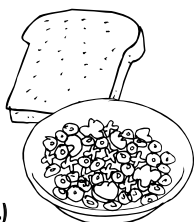
Milk
3 cups

Meat and Beans
5 ounces

Help Jason decide what to eat today. Plan breakfast, lunch, dinner, and a snack. Be sure he gets all the food he needs from each group. (Food items may be selected more than once.)

Grains 6 ounces

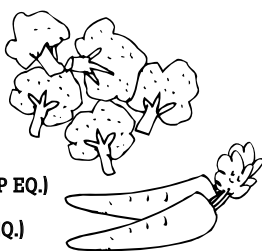
- ___ 1 slice whole-wheat toast* (1 OZ EQ.)
- ___ 5 whole-wheat crackers* (1 OZ EQ.)
- ___ 1 slice white bread (1 OZ EQ.)
- ___ 1 slice whole-wheat bread* (1 OZ EQ.)
- ___ 1 cup whole-grain ready-to-eat breakfast cereal* (1 OZ EQ.)
- ___ ½ cup cooked brown rice* (1 OZ EQ.)
- ___ 1 cup cooked pasta (2 OZ EQ.)
- ___ 1 hamburger bun (2 OZ EQ.)
- ___ 3 cups lowfat popcorn* (1 OZ EQ.)



Items marked with a * are whole-grain

Vegetables 2½ cups

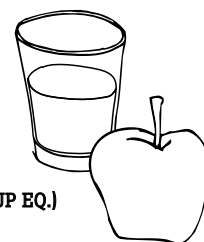
- ___ 6 baby carrots* (½ CUP EQ.)
- ___ 1 large ear of corn (1 CUP EQ.)
- ___ 1 medium baked potato (1 CUP EQ.)
- ___ 1 cup cooked greens* (1 CUP EQ.)
- ___ 1 large baked sweet potato* (1 CUP EQ.)
- ___ 3 spears broccoli* (1 CUP EQ.)
- ___ ½ cup tomato juice (½ CUP EQ.)
- ___ 1 cup chopped lettuce (½ CUP EQ.)



Items marked with a * are dark green or orange vegetables

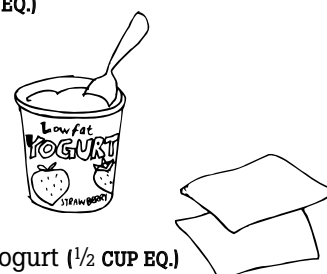
Fruits 1½ cups

- ___ 1 small apple or ½ large apple (1 CUP EQ.)
- ___ 1 large orange (1 CUP EQ.)
- ___ 1 snack-sized container of peaches (½ CUP EQ.)
- ___ 1 large plum (½ CUP EQ.)
- ___ 1 small box raisins (½ CUP EQ.)
- ___ 1 cup 100% orange juice (1 CUP EQ.)
- ___ 1 medium wedge cantaloupe (½ CUP EQ.)
- ___ 1 small wedge watermelon (1 CUP EQ.)



Milk 3 cups

- ___ ½ cup lowfat or fat-free cottage cheese (¼ CUP EQ.)
- ___ 1 cup fat-free milk (1 CUP EQ.)
- ___ 1 snack-sized lowfat or fat-free yogurt (½ CUP EQ.)
- ___ 1 half-pint container 1% or 2% milk (1 CUP EQ.)
- ___ 2 ounces of lowfat or fat-free American cheese (1 CUP EQ.)
- ___ 1½ ounces of lowfat or fat-free cheddar cheese (1 CUP EQ.)
- ___ 1½ cups light ice cream (1 CUP EQ.)



Meat and Beans 5 ounces

- ___ 1 ounce of nuts (2 OZ EQ.)
- ___ 1 cup split pea soup (2 OZ EQ.)
- ___ 1 small chicken breast half (3 OZ EQ.)
- ___ 1 small lean hamburger (3 OZ EQ.)
- ___ 1 hard-boiled egg (1 OZ EQ.)
- ___ 1 tablespoon peanut butter (1 OZ EQ.)
- ___ ¼ cup of pinto beans (1 OZ EQ.)
- ___ 1 slice of turkey (1 OZ EQ.)



Key: (1 OZ EQ.) means (equals 1 ounce equivalent)

